



# Brookfield Parks & Recreation



be happier • build family unity • feel great • take care of latch key children • reduce unemployment • increase communication skills • expand knowledge • lose weight • diminish chance of disease • build self-esteem • reduce stress • promote sensitivity to cultural diversity • eliminate loneliness • increase community pride • reduce crime • provide safe places to play • generate revenue • lower health care costs • meet friends • educate children and adults • relax • keep business from leaving • elevate personal growth • strengthen neighborhood involvement • conquer boredom • provide child care • boost economy • curb employee absenteeism • increase tourism • build strong bodies • increase property value • attract new business • preserve plant and animal wildlife • instill teamwork • live longer • protect the environment • **create memories** • clean air and water • boost employee productivity • look better • enhance relationship skills • decrease insurance premiums • control weight • offer places for social interaction • diminish gang violence • teach vital life skills • provide space to enjoy nature ... THE BENEFITS ARE ENDLESS

## Winter 2012 Program Guide

## Special Events



### Letters to Santa

Receive a genuine letter from Santa Claus himself! Drop your child's personal letter in the North Pole Mailbox in the Parks & Recreation Office, or mail it to Santa, Attn:

Parks & Recreation Department at P.O. Box 5106. Your child's letter must include a self addressed stamped envelope. Santa himself will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 – 16.



### Christmas Ornaments Workshop

Children in grades 1 - 4 will make a variety of Christmas ornaments.

Day: Friday Date: 12/16  
Place: Town Hall Room 119  
Fee: \$15.00 Time: 6:00 - 7:00 p.m.  
Instructor: Pam Zavarelli

### Tots Holiday Workshop

Children ages 3 - 5 will create a holiday masterpiece using a variety of materials. Parents are encouraged to stay.

Day: Friday Date: 12/16  
Time: 5:00 – 6:00 p.m.  
Place: Town Hall Room 119  
Fee: \$15.00 Instructor: Pam Zavarelli



### Afternoon of Ice Skating at Danbury Ice Arena

Join us and your friends and neighbors for an afternoon of ice-skating at the Danbury Ice Arena! We've rented out one of the rinks from 3:00 – 4:30 p.m. for an afternoon of fun! Skate rentals are included for those who need them, but please bring your own if you can. We encourage you to bring bike helmets from home, too. (We're told that bike helmets work great for ice-skating!) Light refreshments will be served. There is no charge for this event, but you must pre-register, as we can only accommodate up to 250 people. Please plan to arrive at the Ice Arena by 2:45 p.m. to make sure that you get your skates laced up and can enjoy your full time on the ice!

Day: Sunday Time: 3:00 – 4:30 p.m.  
Date: 3/4 Place: Danbury Ice Arena  
Fee: Free

### Youth Employment Program

Pretty soon snow is going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. A list of services includes not only babysitting and shoveling, but raking, weeding, mowing, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at [dkorb@brookfieldct.gov](mailto:dkorb@brookfieldct.gov) or call 775-7310.

## Special Events, continued

### Valentine's Day Workshop

Children ages 3 - 5 and in grades 1 - 4 will create a Valentine's Day craft as a gift for Mom or Dad, or just for fun! Please wear a smock or clothes that can get messy.

Day: Friday Date: 2/10  
**Tots:** 5:00 – 6:00 p.m. **Grades 1- 4:** 6:00 – 7:00 p.m.  
Place: Town Hall Room 119  
Instructor: Pam Zavarelli Fee: \$15.00

### St. Patrick's Day Workshop

Wee lads and lasses ages 3 - 5 and in grades 1 - 4 will create a St. Patrick's Day craft. Please wear a smock or clothes that can get messy.

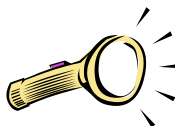
Day: Friday Date: 3/9  
**Tots:** 5:00 – 6:00 p.m. **Grades 1- 4:** 6:00 – 7:00 p.m.  
Place: Town Hall Room 119  
Instructor: Pam Zavarelli Fee: \$15.00

### Springtime Crafts Workshop

Children ages 3 - 5 and in grades 1 - 4 will create an eggceptional craft for spring. Please wear a smock or clothes that can get messy.

Day: Friday Date: 3/30  
**Tots:** 5:00 – 6:00 p.m. **Grades 1- 4:** 6:00 – 7:00 p.m.  
Place: Town Hall Room 119  
Instructor: Pam Zavarelli Fee: \$15.00

### 13<sup>th</sup> Annual Flashlight Egg Hunt



Just for students in grades 3 – 5! The hunt will be held on the grounds of Town Hall at 8:00 p.m. sharp, and will last approximately 20 minutes. All participants must bring their own

flashlights. Bags will be provided for collecting. Call the Parks & Recreation Office to pre-register. Cost is \$1.00 per student. Pay on the evening of the hunt in front of the Town Hall.

Day: Friday Time: 8:00 p.m.  
Date: 3/30 Fee: \$1.00



### 16<sup>th</sup> Annual Egg Hunt

Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, March 31. Additional features include a jellybean counting contest, and a special appearance by the Easter Bunny. Bags will be provided for egg collecting. Call the

Parks & Rec. Office to pre-register. Cost is \$1.00 per child. Pay on the day of the hunt in the lobby of Town Hall. Rain date is Sunday, April 1.

Age Divisions:

Under 3 at 12:00 p.m.  
3- 4 year olds at 12:15 p.m.  
5 - 6 year olds at 12:30 p.m.  
7 - 8 year olds at 12:45 p.m.

Day: Saturday Time: See above  
Date: 3/31 Fee: \$1.00

**New ~ Georgetown v. UConn Women**

We'll be leaving from Brookfield Town Hall at 1:00 p.m. for a 4:00 p.m. game at Gampel Pavilion on the Storrs Campus. Return to Brookfield at the game's conclusion. Fee of \$54.00 includes ticket and coach bus

transportation. The Co-op is open before the game, and is located almost directly across the street from Gampel, so you can stock up on your Husky wear, too.

Day: Saturday Date: 2/11  
Time: 1:00 p.m. departure Fee: \$54.00

**Bruins vs. NY Rangers**

We're joining our friends at Redding Parks & Rec. for our fourth annual Rangers trip. We'll be leaving from the Redding Community Center, 37 Lonetown Rd, at 9:00 a.m. for a 2:00 p.m. game.

You'll have time on your own to grab a quick bite for lunch before the game at Madison Square Garden. Leave NYC at game's conclusion. Fee of \$78.00 includes ticket in West Balcony 17-18 and coach bus transportation.

Day: Sunday Date: 3/4  
Time: 9:00 a.m. departure Fee: \$78.00

**New ~ Godspell**

Prepare ye for **GODSPELL**, the beloved classic from Stephen Schwartz, the Grammy® and Academy Award®-winning composer of **WICKED** and **PIPPIN**. Enjoy all the good gifts of one of the most enduring shows of all time as it comes to Broadway in a brand new, intimately staged, one-of-a-kind production. Raise your spirit with the Tony®-nominated score filled with the popular hits *Day By Day*, *Learn Your Lessons Well* and *Turn Back, O Man*. We're joining our friends at Redding Parks & Rec. and will be leaving from the Redding Community Center, 37 Lonetown Rd at 9:00 a.m. for a 2:30 p.m. show. Seats are orchestra at the Circle in the Square Theater.

Day: Sunday Date: 3/25  
Time: 9:00 a.m. departure Fee: \$109.00

**New ~ Ellis Island & Statue of Liberty**

Are you one of the 40% of Americans that have an ancestor who entered the country through Ellis Island? Over 12 million people passed through the island while it was in operation. Come discover the Ellis Island Immigration Museum's importance in America's history. We'll also be making a stop at the Statue of Liberty to explore the grounds. Please note that access inside is currently restricted as the 125 year old Statue undergoes improvements. We'll be leaving Brookfield Town Hall at 8:00 a.m. and traveling by coach bus to the catch a ferry to both islands. Arrive back in Brookfield approximately 6:30 p.m.

Day: Saturday Date: 5/19  
Time: 8:00 a.m. departure Fee: \$59.00

**New ~ A Taste of Manhattan 2**

We'll be leaving from Brookfield Town Hall at 8:00 a.m. for a fun, food-filled day including; Zabar's on the Upper West Side, Eataly, a wonderful Italian marketplace located in lower Manhattan; Chinatown, and Little Italy Ferrara Bakery and Café. Return to Brookfield at approximately 7:00 p.m. Our tour director will share tips and suggestions at each neighborhood. Please note that this trip requires moderate walking, and that you will need to bring along money for food, as it is not included in the price.

Day: Saturday Date: 6/16  
Time: 8:00 a.m. departure Fee: \$59.00

**Adult Education**
**W.E.R.A.C.E. - Western Connecticut  
Regional Adult and Continuing Education  
797-4731**

<http://www.danbury.k12.ct.us/werace/WERACE/Welcome.html>

WERACE (Western Connecticut Regional Adult Education) is a regional program that provides FREE state mandated adult education services to adults 16 years of age and older who live in the towns of Bethel, Brookfield, Danbury, New Fairfield, Newtown, Redding, and Ridgefield.

A full range of free adult education programs including ESL and high school completion is presently available to adult learners from the above towns and allows WERACE to address basic literacy needs, as well as the skills necessary to transition to higher education, training and/or employment.

**Microsoft Word 2000 Level 1**

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered.

Day: Monday Time: 6:00 – 8:30 p.m.  
Date: 1/9 Fee: \$65.00  
Place: Computertalk, 475 Federal Road, Unit B

**Microsoft Word 2000 Level 2**

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers, import graphics and pre created text, create and format tables and more. A working

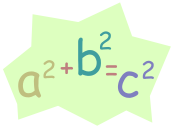
knowledge of MS Word is required. A course manual and disk are included.

Day: Monday Time: 6:00 - 8:30 p.m.  
Dates: 1/16 – 1/23 (2 wks) Fee: \$135.00  
Place: Computertalk, 475 Federal Road, Unit B

**Microsoft Excel 2000– Level 1**

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more.

Day: Tuesday Time: 6:00 - 8:30 p.m.  
Date: 1/10 Fee: \$65.00  
Place: Computertalk, 475 Federal Road, Unit B

**Microsoft Excel 2000 – Level 2**

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date functions, format worksheets, insert, move and modify

objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. A course manual and disk are included.

Day: Tuesday Time: 6:00 - 8:30 p.m.  
Dates: 1/17 – 1/24 (2 wks) Fee: \$135.00  
Place: Computertalk, 475 Federal Road, Unit B

**Microsoft Excel 2000 – Level 3**

Participants will master the following skills in this course: working with records and ranges; sorting, outlining and filtering lists; importing and exporting data; using pivot tables and pivot charts; using data analysis tools; protecting and

sharing workbooks; managing workbooks with comments; data validation; and merging/linking workbooks. A course manual and disk are included.

Day: Thursday Time: 6:00 - 8:30 p.m.  
Dates: 1/19 – 1/26 (2 wks) Fee: \$135.00  
Place: Computertalk, 475 Federal Road, Unit B

**Digital and Film Photography**

In just five weeks this class will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice and develop your skills. Plus this season we'll examine what your smart phone camera can do. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Thursday Time: 7:00 – 9:00 p.m.  
Dates: 1/19 – 2/16 (5 wks) Fee: \$70.00  
Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

**Click, Load & Print**

This class will demonstrate how to get your digital photos onto your computer, organize them, and make prints using your home

printer or an online lab. Bring a memory card with some pictures you don't mind experimenting with, plus bring any connecting cables that came with your camera and your camera manual.

Day: Thursday Time: 7:00 - 9:00 p.m.  
Date: 3/8 Fee: \$25.00  
Place: BHS Computer Lab  
Instructor: Mary Ann Kulla

**Photoshop - Individual Training**

Have you been struggling to improve your photos with **Photoshop Elements** or some version of **Photoshop**? Are you encountering lots of frustration? If so, this is your opportunity to sit down with an experienced Photoshop user - with at most one other student - to identify and move beyond your current roadblocks. Bring your laptop with images that you'd like to work on, or use the Brookfield High School computers. Since this will be individualized instruction, we can focus on your unique interests. We'll cover whatever topics you'd like to experiment with: tools, selections, pallets, layers, actions or giving your images a unique tonality. Take the next step towards realizing your creative vision!

Day: Thursday Time: 7:00 - 9:00 p.m.  
Date: 3/15 or 3/22 (1 wk) Fee: \$75.00  
Place: BHS Computer Lab  
Instructor: Mary Ann Kulla

**Women's Guide to Managing Money**

Woman's Guide to Money Matters is a seminar designed for women of all ages to learn how to take control of their financial life by examining their values and setting specific, realistic and measurable goals. At this seminar participants will learn strategies about:

- What you can do now to prepare for retirement or live in retirement
- Learn how to manage your retirement income
- Planning your estate
- Your options to pay for a child's or grandchild's education
- Developing a strategy to help achieve your financial goals and enjoy life with financial freedom

Day: Wednesday Time: 5:30 – 6:30 p.m.  
Date: 1/25 Fee: \$10.00  
Place: Edward Jones, 304 Federal Road, Brookfield

**New ~ Foundations of Investing**

This seminar will focus on the basics of stocks, bonds and mutual funds; the most common investing mistakes and how to avoid them; and investing strategies for long-term goals.

Day: Wednesday Time: 5:30 – 6:30 p.m.  
Date: 2/15 Fee: \$10.00  
Place: Edward Jones, 304 Federal Road, Brookfield

**New ~ Making Sense of Retirement**

At this seminar participants will learn important investing strategies for retirement, including:

- The five basic questions you should ask yourself to prepare for retirement
- The options you can use now to save for retirement
- How time can help or hurt your retirement goals

Day: Thursday Time: 5:30 – 6:30 p.m.  
Date: 3/1 Fee: \$10.00  
Place: Edward Jones, 304 Federal Road, Brookfield



**Mediterranean Vegetable Cooking a la carte**

Everyone knows that the heart-friendly “Mediterranean Diet” is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Participants will spend time learning how to select and prepare ingredients and the different cooking techniques used with those ingredients. Many traditional recipes have been updated to make them lower in cholesterol, and able to retain the maximum number of nutrients (both original and updated cooking methods will be discussed.) Classes will be conducted as a combination demonstration and hands-on workshop and will encompass appetizers, side dishes, and main courses. Topics covered will be decided upon by the students enrolled during the first class of each session, but may include; eggplant, squashes, peppers, greens, artichokes, mushrooms, beans, cauliflower, and cardoons. Instructor Ann Salinger’s first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge of ingredients and techniques, and enthusiasm for cooking, with friends and students. \*\*Please note that in order to participate in session 2, you must have already taken this program before, as it will be building upon skills and information previously learned.

Day: Wednesday Time: 6:30 – 8:30 p.m.  
 Session 2\*\*: 1/11, 1/18, 1/25, 2/1 (4 wks)  
 Session 1: 2/15, 2/22, 2/29, 3/7 (4 wks)  
 Place: WMS Home Ec. Room #1515  
 Fee: \$82.00/session

**Guilt-free Pasta**

Everyone loves pasta, but many of the delicious sauces we are familiar with—from Grandma’s Sunday sauce cooked with pork and beef, to rich and creamy *Fettuccini Alfredo*—have too much

saturated fat for today’s heart-healthy diets. In this course we will explore a handful of traditional pasta recipes from different regions of Italy which use vegetables, seafood, fish, and even fruit, to make satisfying and festive dishes. We may also try our hand at making different versions of gnocchi, and some homemade pasta. Come hungry to our class—because we’ll be feasting on the dishes we cook!

Day: Monday Time: 6:30 – 8:30 p.m.  
 Dates: 1/23, 1/30, 2/6, 2/13 (4 wks)  
 Place: WMS Home Ec. Room #1515  
 Instructor: Ann Salinger Fee: \$82.00

**The DIY Kitchen Makeover Workshop and Prime Time Health Program**

Learn to shift your mindset to make healthy eating a conscious, long-term and life-improving investment rather than a short-term “diet”. Join certified health coach and L.E.A.N Prime Time instructor, Becky Bishop, to learn how to set up your pantry customized to your food preferences; shop for immunity-boosting meals; and develop healthy eating for the whole family!

January 22 - DIY Kitchen Makeover Part I  
 January 29 – DIY Kitchen Makeover Part II  
 February 5 – Open Your Internal Pharmacy  
 February 12 – Make Health Your Hobby  
 February 19 – Move Waste from your Waist  
 February 26 – Live Without Pain and Inflammation  
 Day: Sunday Time: 1:00 – 2:30 p.m.  
 Place: YogaSpace, 777 Federal Rd, second floor  
 Instructor: Becky Bishop Fee: \$96.00 for six weeks

**New ~ Clear the Clutter**

Why is clutter worthy of discussion? What is it, really? Why do we hang on to it? Come learn helpful strategies on how to mindfully move the clutter out.

Day: Monday Time: 7:00 – 8:30 p.m.  
 Date: 1/23 Fee: \$20.00  
 Place: Town Hall Meeting Room 129  
 Instructor: Marianne Seeber, Licensed Professional Counselor

**New ~ Balancing your Body, Mind, and Spirit: Discovering the Energy Within You**

Join us for an enlightening evening where you’ll gain a better understanding on how keeping the energy in our body balanced, will make us happier and healthier. Marianne Seeber is a licensed psychotherapist in Brookfield CT. She has been studying Body-Mind modalities for more than 10 years.

Day: Wednesday Time: 7:00 – 8:30 p.m.  
 Date: 2/8 Fee: \$20.00  
 Place: Town Hall Meeting Room 129  
 Instructor: Marianne Seeber, Licensed Professional Counselor

**New ~ Winning Texas Hold’em Poker**

Texas Hold’em is a simple game that takes a lifetime to master. This course is designed to improve all levels of No Limit Texas Hold’em players, from total beginners to winners looking to sharpen their skills. We will cover many forms including tournaments, ring games, sit and go’s and short-handed play. Players will learn from discussing strategy, mini lectures, analyzing hands, and playing! Please bring a copy of **Phil Gordon’s Little Green Book** (available new on Amazon from \$18.74), a notebook and pen.

Day: Thursday Time: 7:00 - 8:30 p.m.  
 Dates: 1/26 – 3/15 (8 wks) Fee: \$79.00  
 Place: Senior Center Instructor: Joe Ferraro

## Choose Your Target Market

Whether you have a business or provide a service, this class will show you why selecting a target market is so important. It can help you grow your business and be more efficient and effective in your spending.

Day: Wednesday Time: 6:30 – 8:30 p.m.  
Date: 3/14 Fee: \$20.00  
Place: Town Hall Meeting Room  
Instructor: Carol Does

## New ~ Internet Marketing Basics

This course will offer an overview of how to use the internet to market a business, organization or message. We will discuss the basics of creating a useful website, getting your site found by search engines, using social media to connect with your audience and how to determine if what you are doing is working. This course is for anyone who would like to use the internet to promote/share something; from business, charitable, political, or personal interests and will assume no background in internet marketing.

Day: Tuesday Time: 7:00 – 8:30 p.m.  
Date: 2/21 – 2/28 (2 wks) Fee: \$39.00  
Place: Town Hall Meeting Room  
Instructor: Laura Orban

## New ~ Animal Communication

What is your pet trying to tell you? Animals have their own language and have a need to communicate. Some things to understand are: Which animals carry that special energy? What do they know that we don't? Learn, experience, enjoy and come with an open mind, which will clear your mind for better understanding to communicate with that special animal in your life. Please bring one or more photo(s) of a single pet(s) alone in a "photograph" - with a face view.

Day: Tuesday Time: 6:30 – 8:30 p.m.  
Date: 1/31 Fee: \$20.00  
Place: Town Hall Meeting Room 129  
Instructor: Rita Marie Bryant

## New ~ Introduction to Stress Management

Participants will learn about stress, and its overall effects including the 5 danger signs. You will leave with ways to manage stress more effectively using a variety of techniques.

Day: Monday Time: 6:30 – 8:30 p.m.  
Date: 2/27 Fee: \$20.00  
Place: Town Hall Meeting Room 129  
Instructor: Rita Marie Bryant

### Ice Skating on Whalen Pond

Whalen Pond is open to Brookfield residents for ice-skating during the winter months. Whalen Pond, also known as Hillandale Pond, is located at the intersection of Broadview and Hillandale Roads. Ice conditions are checked Monday through Friday for safety, and a "skating" or "no skating" sign is posted at the Pond. Please note that conditions are not updated on weekends or holidays.



## Floral Design

Tap into your creative side and make three unique fresh flower arrangements that you can take home for yourself or gift to someone special (if you can part with them). From everyday to

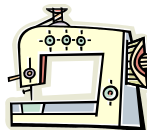
holiday with something in between you will learn how to show off your talent with the help of a Professional Floral Designer. No experience necessary, \$25 material fee to be paid to instructor each class. Please bring floral snips.

Day: Tuesday Time: 7:00 – 9:00 p.m.  
Dates: 2/21 – 3/6 (3 wks) Fee: \$48.00  
Place: Senior Center  
Instructor: Shannon Schnuerer

## Watercolor for Adults

Whether you are an artist just starting out or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).

Day: Thursday Time: 6:00 – 8:00 p.m.  
Dates: 1/19 – 3/8 (8 wks) Instructor: Victoria Lange  
Place: Senior Center Craft Rm. Fee: \$88.00



## Beginning Sewing

Have you ever wanted to learn how to sew? Here's your chance in this program for students with little or no sewing background.

Before the class begins the instructor will either meet you at Joanne's Fabrics in Brookfield or speak with you over the phone, to help you pick out a pattern and fabric suitable for the project that you'd like to complete. Over the next six weeks you'll be walked through the steps to complete your project, including how to read a pattern, and how to use a sewing machine. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. (Be prepared to bring to first class.)

Day: Wednesday Time: 6:00 – 8:00 p.m.  
Dates: 1/25 – 2/29 (6 wks) Fee: \$90.00  
Place: WMS Home Ec. Room Instructor: Karen Ryavec

## New~ Creative Party Planning

Planning a party? One rule applies....it's all in the details! In these stand-alone classes we'll be looking at the various aspects of party planning, to ensure that you're not too stressed out by the time the party rolls around and that you enjoy it as much as your guests.

January 17: Children's Birthday Parties  
January 24: Wedding Planning 101 Part 1  
January 31: Wedding Planning 101 Part 2  
February 7: Themed and Holiday Parties  
February 21: Dinner Parties

Day: Tuesday Time: 6:30 – 8:30 p.m.  
Place: Town Hall Meeting Room  
Instructor: Elaine Lipp Fee: \$20.00 each

## Adult Fitness



### Train for a 5K

Are you interested in running a 5K (3.1 miles) road race? Are you a walker who would like to try running? Are you a runner interested in improving your times? Come join Cassie Dunn in a group setting for a series of training runs and short lectures. (Come dressed to run and

bring a water bottle) You will learn how to design a training program based on your level of fitness, whether you are a walker or a runner. Each participant will be evaluated and given a training program to follow on their own until the next week's meeting. This program will meet for six weeks, culminating in the Mother's Day 5K on 5/13/12. (Registration for the 5K is included in the fee.) All fitness levels are welcome! Cassie Dunn, a former cross-country and track coach, lives in Brookfield. She is a NASM certified personal trainer, functional training specialist, Pilates instructor and Spinning instructor.

Day: Saturday  
Dates: 4/7 – 5/12 (6 wks)  
Place: BHS Track

Time: 9:00 – 10:00 a.m.  
Instructor: Cassie Dunn  
Fee: \$70.00

### Zumba

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Session 1: Monday, 7:00 – 8:00 p.m. with Jennifer Kraus

Dates: 1/23 – 3/12 (8 wks)

Place: WMS Cafeteria Fee: \$75.00/session

### New ~ Mother-Daughter Zumba

This fun and easy to learn class is sure to be a great workout for moms and daughters age 12 and up.

Day: Thursday Time: 5:30 – 6:30 p.m.

Session 1: 1/19 – 2/9 (4 wks)

Session 2: 2/23 – 3/15 (4 wks)

Fee: \$75.00/session (price for two people to participate)

Place: Fuzion Dance Fitness, 483 Federal Road

### Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance.

This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 7:00 – 8:00 p.m.

Dates: 1/17 – 3/6 (8 wks) Fee: \$75.00

Place: Center School Gym Instructor: Phyllis Babuini

## Adult Fitness – Aerobics

### The Fit Female Challenge

8 WEEK PROGRAM, UNLIMITED CLASSES! LOSE FAT AND INCHES! GUARANTEED RESULTS! Watch your body change as you lose fat and inches. For 8 weeks, you MUST take a minimum of 4 classes per week. You can take any 4 classes that you choose and as many additional classes as you would like. A record will be kept of your classes. You will be weighed and measured before your first class. A nutrition plan will be recommended for you. At the end of 8 weeks, you will be weighed and measured again. We are so confident that you will be successful, that, if you HAVEN'T lost fat and inches, you will be given a 3 month, VIP membership to NO LIMIT HEALTH & FITNESS. Register no later than February 3 and expect to begin the week of February 6.

Fee: \$199.00

Place: No Limit Health & Fitness, 1120 Federal Rd.



### Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumb bells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through

advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE! Register for a session and receive a free single class pass at No Limit.

Day: Tuesday

Time: 9:15 – 10:15 a.m.

Dates: 1/31 – 3/6 (6 wks)

Fee: \$70.00

Place: No Limit Health & Fitness, 1120 Federal Rd.

### Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you!

Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. BABYSITTING AVAILABLE with an advanced reservation! Register for a session and receive a free single class pass at No Limit.

Day: Friday

Time: 9:15 – 10:00 a.m.

Dates: 2/3 – 3/9 (6 wks)

Fee: \$70.00/session

Instructor: Abi Scudder

Place: NO LIMIT Health and Fitness, 1120 Federal Rd



### Get on the Ball

A total-body workout using stability balls and weights. Why use a stability ball? It is adaptable to every fitness level, engages the core, and strengthens the deep muscles of the back while adding a challenge to your fitness routine. Exercises will range from classic squats, upper body strengthening and multi-muscle training moves. Your heart rate will go up and your body will tone up! BABYSITTING AVAILABLE!

Day: Thursday

Time: 9:00 – 10:00 a.m.

Dates: 2/2 – 3/8 (6 wks)

Fee: \$70.00/session

Place: No Limit Health & Fitness, 1120 Federal Rd.



## Adult Fitness – Cycling



### Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this! BABYSITTING AVAILABLE! NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT (775-8548) is the site for all of our cycling classes.

#### **SESSION 1: Monday, 9:15 – 10:15 a.m.**

Dates: 1/30 – 3/5 (6 wks) Fee: \$70.00

Instructor: Lisa

#### **SESSION 2: Tuesday, 6:00 – 7:00 p.m.**

Dates: 1/31 – 3/6 (6 wks) Fee: \$70.00

Instructor: Stacey

#### **SESSION 3: Wednesday, 9:30 – 10:30 a.m.**

Dates: 2/1 – 3/7 (6 wks) Fee: \$70.00

Instructor: Liz

#### **SESSION 4: Thursday, 6:00 – 7:00 p.m.**

Dates: 2/2 – 3/8 (6 wks) Fee: \$70.00

Instructor: Staff rotation

#### **SESSION 5: Saturday, 9:15 – 10:15 a.m.**

Dates: 2/4 – 3/10 (6 wks) Fee: \$70.00

Instructor: Staff rotation

## Adult Fitness - Yoga



YogaSpace is the premier yoga facility in northern Fairfield County. We are proud to be partnering with them to offer a wide variety of yoga styles throughout the week. Their instructors bring a depth of knowledge to

classes that allow students to practice in a safe and comfortable space. This season we are pleased to offer class passes that allow participants to sample a variety of yoga and related offerings. Class passes will also allow participants more flexibility, as they can attend a different class if they need to miss their favorite class for any reason

### YogaSpace – Introductory Series Pass

Use your Introductory Series pass at any of the below-listed classes to become acquainted with yoga and related practices. Each class will offer accessible instruction and modifications at a slower pace to help you gain awareness about yourself and an understanding of the practice of yoga. You may use your pass at one class, or you may drop in on several of the classes. Please see [www.yogaspace-ct.com](http://www.yogaspace-ct.com) for class times and full descriptions. Choose from:

*Introduction to Yoga*      *Yoga and Meditation 101*  
*Gentle Yoga*              *Yoga, Pranayam and Meditation*  
*Kripalu Yoga*              *Tai Chi Fusion*

Dates: 1/16 – 3/31

Fee: \$160 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 3/31/12.

## Adult Fitness – Yoga, continued

### YogaSpace – Intermediate Series Pass

Use your Intermediate Series pass to deepen your practice. Choose from any of the below-listed classes to take your physical and emotional practice to the next level. Our certified instructors will guide you in more challenging postures at a faster pace. Prior yoga experience is recommended. You may use your pass at one class, or you may drop in on several of the classes. Please see [www.yogaspace-ct.com](http://www.yogaspace-ct.com) for class times and full descriptions. Choose from:

*Stressbuster Yoga*  
*Mixed Level Yoga*  
*Anusara-Inspired Yoga*  
*Ashtanga Yoga*  
*Vinyasa Yoga*  
*Level II Yoga*

Dates: 1/16 – 3/31

Fee: \$160 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 3/31/12.

### Fertile Yoga

For women who are trying to conceive, or who want to address reproductive issues through stress reduction techniques. Spouses and partners are also encouraged to attend! This program is funded by RMA of CT. There is no charge, but registration is required.

Day: Friday Time: 6:00 – 7:15 p.m.

Dates: 1/20 – 3/30 (11 wks) Fee: No charge

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Lisa Rosenthal

### Little Seed & Me –

#### Postnatal Mommas & Pre-Crawlers

Welcome new moms and infants who are not crawling yet. Michelle's signature Green Woman Baby & Me Yoga Class will help you remember your body (that vehicle of power and strength) and nurture you back to movement and re-awakening through Yoga. Postpartum means a yoga practice that is often interrupted by nursing, feeding, caressing, holding, diaper changes, and independent moments of triumph. Join Michelle for a playful hour of yoga with some extra bonding and transition time at the end so your experience is leisurely and relaxing! For caregivers and infants who are not yet crawling.

Day: Monday Time: 10:30 – 11:45 a.m.

Dates: 1/16 – 3/26 (11 wks)

Place: YogaSpace, 777 Federal Rd., second floor

Instructor: Michelle Wenis

Fee: \$160 for a 10 class pass. Once purchased through Parks & Rec, your pass will be maintained at YogaSpace for your convenience. The pass is good through 3/31/12.



***We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous teaching experience is not always necessary. Class proposals should be received by 2/1/12 to be considered for the spring/summer program guide.***



## Adult Fitness - Open Gyms



### Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Purchase a season pass for \$60.00 or pay \$5.00

nightly at the door. Passes will not be sold after 12/19 and no credit for nightly passes will be given. Open Gym is canceled on 12/26, 1/2, 1/16, 2/20 and on days when school is not in session or dismisses early because of weather.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/14/11 – 3/26/12 Place: BHS Gym

Fee: \$5.00/night or \$60.00/season pass

### Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for \$60.00 or pay \$5 nightly at the door.

Passes will not be sold after 12/21 and no credit for nightly passes will be given. Open gym is canceled on 11/23, 11/30, 12/28, 3/14 and on days when school is not in session or dismisses early because of weather.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/9/11- 4/11/12 Place: WMS Gym

Fee: \$5.00/night or \$60.00/season pass



### Indoor Soccer

Tuesday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for

\$50.00 or pay \$5 nightly at the door. Indoor Soccer is cancelled on days when school is not in session or dismisses early.

Days: Tuesday Time: 7:30 – 9:00 p.m.

Dates: 1/3 – 3/27 (13 wks) Place: WMS Big Gym

Fee: \$5.00/night or \$50.00/season pass

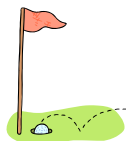
### Senior Golf League – 55+

Just for men and women age 55 and over, this league entering its third year, meets at Sunset Hill Golf Course in Brookfield. Expected start date of Tuesday, May 1 with play continuing on Tuesday mornings through late October/early November (weather permitting). Rotating foursomes will give participants the opportunity to play with friends and make new ones as well. Choice of playing 9 or 18 holes with or without cart (fees vary per week depending on option selected and ranged from \$10 – 30 in 2011.) League entry fee of \$15.00 to Parks & Recreation due before you will be scheduled and must be paid 1 week before your first match. Complete details will be available in mid-March on our website [www.brookfieldct.gov/pnr/index.htm](http://www.brookfieldct.gov/pnr/index.htm).

Join our email list! Log onto

[www.brookfieldct.gov/pnr/index.htm](http://www.brookfieldct.gov/pnr/index.htm) and click on the icon to receive monthly updates on the Parks & Recreation programs and events of your choice.

## Adult Fitness - Dance and Golf



### Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed. Fee is \$110.00 for any one month (four classes). Classes meet 6:00–7:00 p.m.

January (Monday) – 1/2, 1/9, 1/16, 1/23

February (Wednesday) – 2/1, 2/8, 2/15, 2/22

March (Tuesday) – 3/6, 3/13, 3/20, 3/27

### Women Only Classes (Beginner)

January (Tuesday) – 1/3, 1/10, 1/17, 1/24

February (Thursday) – 2/2, 2/9, 2/16, 2/23

March (Monday) – 3/5, 3/12, 3/19, 3/26

### Ballroom and Latin Dance Mix



Do you have a wedding, anniversary party or class reunion in your future? Would you like to impress your friends with some new moves? In addition to the physical benefits of dancing, mentally dancing serves as a wonderful stress release. The dances you learn will be selected at the instructor's discretion and may include: Fox Trot, Slow Waltz, Tango, Viennese Waltz, Quick

Step, Mambo/Salsa, Cha-Cha, Samba, Rumba, and East Coast Swing. Emphasis will be placed on mastering each step before moving on to new dances.

No need to be part of a couple (or have your other half with you) in order to participate. Join other people like yourself who want to learn ballroom and Latin dances in our singles class.

Please note the dress code for participation in dance classes, no jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Wednesday

Singles: 6:15 – 7:00 p.m. Fee: \$68.00/person

Couples: 7:00 – 8:15 p.m. Fee: \$159.00/couple

Place: Whisconier Middle School Cafeteria

Dates: 1/25 – 2/29 (6 wks)



## Tumbling Tots

Children 2-3 will meet for games, basic tumbling skills and energetic fun in a gym setting along with a parent or caregiver. Please specify session when registering.

Day: Tuesday Time: 9:30 – 10:15 a.m.  
 Session 1: 1/17, 1/24, 1/31, 2/7 (4 wks)  
 Session 2: 2/21, 2/28, 3/6, 3/13 (4 wks)  
 Place: Tropical All-Stars, 558 Federal Road  
 Instructor: Tatiana Preston Fee: \$49.00/session

## Two Good to be True

Children ages 2-3 and parent or caregiver will meet for songs, stories and arts & crafts. Activities will foster development of fine motor and language skills while having fun and making friends! Please bring a snack and drink.

Day: Thursday Time: 9:30 – 10:30 a.m.  
 Session 1: 1/19, 1/26, 2/2, 2/9 (4 wks)  
 Session 2: 2/23, 3/1, 3/8, 3/15 (4 wks)  
 Place: Congregational Church Pre School Room  
 Instructor: Tatiana Preston Fee: \$45.00/session

## Mother's Morning Out

This pre-school readiness program is designed for children age 2 – 5 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class.

Day: Friday Time: 9:15 – 11:15 a.m.  
 Session 1: 1/20, 1/27, 2/3, 2/10, 2/17, 2/24 (6 wks)  
 Session 2: 3/9, 3/16, 3/23, 3/30, 4/13, 4/27 (6 wks)  
 Place: Congregational Church Room 3/4  
 Instructors: KidsFit Fee: \$130.00/session



## 'Lil Chefs

Children ages 3 and 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Day: Tuesday  
 Session 1: 1/17, 1/24, 1/31, 2/7 (4 wks)  
 Session 2: 2/21, 2/28, 3/6, 3/13 (4 wks)  
 Time: 9:30 – 10:30 a.m.  
 Place: Congregational Church, Fair Kitchen  
 Instructor: Pam Zavarelli Fee: \$59.00/session



## Rhythm and Motion

Music classes for parent and child age 2 and 3 can be active and fun. Sing, play and move as each child learns to hear the beat, and expresses their

musicality. Holly Gundolfi is a certified Orff music teacher and has taught music in private schools for many years. She brings a plethora of songs, games and instruments teaching basic concepts of music in an age appropriate way.

Day: Wednesday Time: 9:30 – 10:15 a.m.  
 Session 1: 1/18, 1/25, 2/1, 2/8 (4 wks)  
 Session 2: 2/22, 2/29, 3/7, 3/14 (4 wks)  
 Instructor: Holly Gundolfi Fee: \$48.00/session  
 Place: Congregational Church - Room

## New~ Ready, Set, Learn!

This program is designed to teach 4 and 5 year olds kindergarten readiness skills in a fun and engaging way. Activities include: number twister, sight word ball toss, hide and seek with letters, addition and rhyming puzzles, first words bingo, and phonics puppets. Class size is limited to 7 children to allow for individual attention: and is led by a CT certified teacher.

Day: Tuesday Time: 11:00 – 12:00 p.m.  
 Session 1: 1/17, 1/24, 1/31, 2/7 (4 wks)  
 Session 2: 2/21, 2/28, 3/6, 3/13 (4 wks)  
 Session 3: 3/27, 4/3, 4/10, 4/24 (4 wks)  
 Instructor: Angela Termotto Fee: \$60.00/session  
 Place: Congregational Church – Preschool Room

## Ballet and Creative Movement for Tots



Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for ages 3 - 5.

There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred, but not required.

Day: Friday Dates: 1/20 – 3/9 (8 wks)  
 Session 1: 4:35 – 5:20 p.m. Fee: \$45.00/session  
 Session 2: 5:25 – 6:10 p.m.  
 Place: Center School Cafe Instructor: Holly Gundolfi

## New~ Gym Time

Children age 3 and 4 will enjoy this active, energy-burning class at Fun Factor. From circle time and parachutes, beach balls and hula hoops, to bouncing on the toddler inflatables, children are sure to love their "gym time". After class is over parents and children have use of Fun Factor until 1:00 p.m. to play on their own. Fun Factor has strict policies on outside food and beverages. Children registered for the program may bring in a snack and drink to be enjoyed in the party room (no nuts). Parents will have access to a carafe of coffee. A waiver must be signed at the first class of the session.

Day: Wednesday Time: 9:30 – 10:15 a.m.  
 Session 1: 1/18, 1/25, 2/1, 2/8 (4 wks)  
 Session 2: 2/22, 2/29, 3/7, 3/14 (4 wks)  
 Instructor: Pam Zavarelli Fee: \$49.00/session  
 Place: Fun Factor, 1106 Federal Road Brookfield

## Tots Activities, continued

### Learn to Ice Skate for Tots



Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program (Tot 1) is designed for children who have never skated. They will learn the proper

way to fall and get up, as well as marching in place and across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the duration of the program, as well as skate rentals if needed. Helmets and gloves or mittens are also required.

Session 1: Wednesday, 1/4 – 2/15 (7 wks)

4:00- 4:30 p.m. Fee: \$119.00

Session 2: Thursday, 1/5 – 2/16 (7 wks)

10:00 – 10:30 a.m. Fee: \$119.00

Session 3: Friday, 1/6 – 2/17 (7 wks)

10:00 – 10:30 a.m. Fee: \$119.00

Place: Danbury Ice Arena, 1 Independence Way

## Center After School

### Español para Niños y Niñas

There are over 300 million Spanish-speakers in over 20 countries around the world -including the United States. Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce children in grades K and 1 to conversational Spanish and to the colorful Latino culture through songs, games, and crafts.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/19 – 3/8 (8 wks)

Place: Center School Room Fee: \$79.00

Instructor: Mikki Durkin



### Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and nerf equipment is used.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/19 – 3/8 (8 wks)

Place: Center School - Gym Fee: \$40.00

Instructor: Sal Strazza

### Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Session 1: Monday, 1/23 – 3/12 (8 wks)

Session 2: Wednesday, 1/18 – 3/7 (8 wks)

Time: 3:30 – 4:30 p.m.

Place: Center School Gym Fee: \$40.00/session

Instructor: Sal Strazza

## Center After School, continued



### Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Recipes will be duplicated in both of the classes. Classes meet in the Center School Pre-School Room, 3:30 – 4:30 p.m. Fee is \$45.00/session.

Day: Tuesday Instructor: Ann Salinger

Session 1: 1/17, 1/24, 1/31, 2/7 (4 wks)

Session 2: 2/21, 2/28, 3/6, 3/13 (4 wks)

Day: Wednesday Instructor: Ann Salinger

Session 1: 1/18, 1/25, 2/1, 2/8 (4 wks)

Session 2: 2/22, 2/29, 3/7, 3/14 (4 wks)

### Lego Fungineering

Calling all Lego enthusiasts and builders in grades K and 1 to this program. We put fun in motion as students learn how to use wheels and axles, gears, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. All new models to tinker with this winter.

Day: Thursday Time: 3:30 – 4:45 p.m.

Dates: 3/8 – 4/12 (5 wks) – no class 3/22

Place: Center School Room Fee: \$89.00

### Ballet and Creative Movement for K/1



Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for children in grades K and

1. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred for participants, but not mandatory.

Day: Friday Instructor: Holly Gundolfi

Dates: 1/20 – 3/9 (8 wks)

Time: 3:30 – 4:30 p.m. Fee: \$45.00

Place: Center School Cafeteria

### Iddy, Biddy Basketball – Grade 1



Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt.

Day: Saturday Time: 11:00 a.m. - 12:00 p.m.

Dates: 1/7 – 3/3 (7 wks) – no class 1/14, 2/18

Place: Huckleberry Hill School– Upper Gym

Supervisor: Fern Smenyak Fee: \$55.00

### Quick Start Tennis

Students in grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 1/17 – 2/21 (6 wks)

Place: Center School Gym Fee: \$66.00

Instructor: Elaine Gregory, BHS Girls Coach



## Center After School, continued



### Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time 3:30 – 4:00 p.m.

Dates: 1/19 – 2/9 (4 wks) Fee: \$28.00

Instructor: Zandri's Martial Arts

Place: Center School Cafeteria



### Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with

their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit [www.paintdrawmore.com](http://www.paintdrawmore.com)

Day: Monday Time: 3:30 – 4:30 p.m.

Session 1: 1/23 – 2/27 (6 wks)

Session 2: 3/12 – 4/23 (6 wks) – no class 4/16

Place: Center School Art Room

Fee: \$108.00/session

## Huckleberry After School



### The Wizard's School of Magic

Students in grades 1 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a

master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform the tricks at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Friday, 1/13, 3:30 – 4:30 p.m. HHES Music Rm.

Hocus Pocus – Magic Workshop 2:

Friday, 2/10, 3:30 – 4:30 p.m. HHES Music Rm.

Presto – Magic Workshop 3:

Friday 3/9, 3:30 – 4:30 p.m. HHES Music Rm.

## Huckleberry After School, continued

### Kids are Cooking

Students in grades 2 through 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Some of the recipes may include: waffles and pancakes, tacos with shredded chicken, turkey sloppy joes, BLT Panini with cheese, or ice cream. We'd share others with you, but are getting too hungry as it is! Please make us aware of any food allergies or cultural restrictions when registering.

Day: Monday Time: 3:30 – 4:30 p.m.

Session 1: 1/23, 1/30, 2/6, 2/13 (4 wks)

Session 2: 2/27, 3/5, 3/12, 3/19 (4 wks)

Day: Thursday Time: 3:30 – 4:30 p.m.

Session 1: 1/19, 1/26, 2/2, 2/9 (4 wks)

Session 2: 2/23, 3/1, 3/8, 3/15 (4 wks)

Place: HHES Fee: \$48.00/session

Instructor: Ann Salinger



### Drama

Improvisational warm-ups, vocal techniques, movement and much more go into each class as the students in grades 2 – 4 learn the

"tools of the actor". Acting class teaches emotional intelligence, develops focus and builds teamwork and confidence as it stretches the imagination. The last class will include an open class/performance for family and friends.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/19 – 3/8 (8 wks) Place: HHES Music Room

Instructor: Holly Gundolfi Fee: \$55.00

### Felt Punching

Come experience the latest craze in sewing...felt punching! Using a special machine (with safety features), students in grades 2-4 will actually "punch" decorative fabrics into a base fabric to make designs. Projects will include hairbands, wallets, bracelets, wall hangings, and more. All materials are included, just bring your imagination!

Day: Monday Time: 3:30 – 5:00 p.m.

Dates: 1/23 – 2/20 (5 wks) Fee: \$69.00

Place: HHES – Upper Gym Instructor: Debbie Vizi



### Quick Start Tennis

Students in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach

Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/19 – 2/23 (6 wks)

Place: HHES Lower Gym Fee: \$66.00

Instructor: Elaine Gregory, BHS Girls Coach

Join our email list! Log onto

[www.brookfieldct.gov/pnr/index.htm](http://www.brookfieldct.gov/pnr/index.htm) and click on the icon to receive monthly updates on the Parks & Recreation programs and events of your choice.





## Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Session 1: Wednesday in the HHES Lower Gym

Dates: 1/18 – 3/7 (8 wks)

Session 2: Friday in the HHES Lower Gym

Dates: 1/20 – 3/9 (8 wks)

Time: 3:30 – 4:30 p.m. Fee: \$40.00/session

Instructor: Tyler Heckmann

## Ballroom for Kids Ages 7 - 10

Students ages 7 – 10 will learn basic steps in all the dances, turns and spins, and technique of the moves. Children who learn social dances increase their confidence, posture, balance and knowledge of music. Much like soccer, Ballroom Dance Competitions (DanceSport) have been very popular in Europe and Asia for decades and are now beginning to catch on in the US. Ballroom For Kids has world class instructors ready to teach your child! Students should wear leather soled shoes or ballroom dance shoes (no sneakers) and long hair needs to be worn back in a ponytail or bun. Sign up with a friend to dance with or you can be paired with a partner at class.

Day: Wednesday Time: 5:30 – 6:15 p.m.

Place: WMS Cafeteria Fee: \$49.00/person

Dates: 1/25 – 2/29 (6 wks)

Instructor: Galina Andracchio

## Junior Floor Hockey

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are required to bring their own goggles.

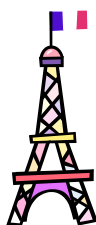
Session 1: Monday, 1/23 – 3/12 (8 wks)

Session 2: Tuesday, 1/17 – 3/6 (8 wks)

Time: 3:30 - 4:30 p.m. Place: HHES Lower Gym

Instructor: Dave Miller

Fee: \$40.00/session



## French Fantastique

Now offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings,

alphabet, counting, colors and lots of vocabulary. Each student will receive a folder full of creative activities in French. Parents, please escort your child to the Art Room at each class meeting.

Day: Friday Time: 7:50 – 8:40 a.m.

Dates: 1/20 – 3/9 (8 wks) Fee: \$79.00

Place: HHES – Art Room

Instructor: Margee Minier

## Español para Niños y Niñas

There are over 300 million Spanish-speakers in over 20 countries around the world -including the United States.

Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce children in grades 2 – 4 to conversational Spanish and to the colorful Latino culture through songs, games, and crafts.

Day: Tuesday

Time: 3:30 – 4:30 p.m.

Dates: 1/17 – 3/6 (8 wks)

Fee: \$79.00

Place: HHES Library

Instructor: Mikki Durkin



## Bowling

Each class features two games of bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending

in a note each week to the school, please include that your child is attending bowling on bus #6. Pick-up is at Brookfield Lanes. Students may bring money with them in order to purchase a snack at the snack bar. Please note that the 3:30 p.m. start includes transportation time.

Students do not arrive at Brookfield Lanes until approximately 4:15 p.m.

Day: Thursday

Time: 3:30 - 5:30 p.m.

Session 1: 1/19, 1/26, 2/2, 2/9 (4 wks)

Session 2: 2/23, 3/1, 3/8, 3/15 (4 wks)

Instructor: Dave Miller

Fee: \$52.00/session

Place: Brookfield Lanes

## Animation Moviemaker

Clay and animation, what a perfect combination! Working in teams, students in grades 2 – 4 do it all, from story creation to making the characters and building the sets. As they learn the production process they will use DIGITAL CAMERA and COMPUTER SOFTWARE to animate, record, download, assemble and edit their own movies. Their final masterpiece will be copied onto a CD for the students to take home for all to enjoy!

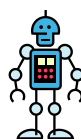
Day: Monday

Time: 3:30 – 4:45 p.m.

Dates: 1/23 – 2/20 (5 wks)

Fee: \$89.00

Place: HHES Library



## Lego in Motion

Calling all Lego enthusiasts and builders to this program for students in grades 2 - 4. We put fun in motion as students learn how to use wheels and axles, gears, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. All new models to tinker with this winter.

Day: Thursday

Time: 3:30 – 4:45 p.m.

Dates: 1/19 – 2/16 (5 wks)

Fee: \$89.00

Place: HHES Library

## Huckleberry After School, continued

### LEGO WeDo Robotics

With the Lego WeDo Robotics System, students in grades 2 - 4 can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, computer programming and so much more. We will be building a ROBOTIC SOCCER team complete with cheering fans while building fierce creatures like the hungry alligator and the rowdy monkey in ROBOTIC JUNGLE.

Day: Monday Time: 3:30 – 4:45 p.m.  
Dates: 3/12 – 4/9 (5 wks) Fee: \$89.00  
Place: HHES Library

### Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 through 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday (see below)

Time: Grades 2 – 4: 6:00 – 7:00 p.m. Fee: \$60.00

Grades 5 – 8: 7:15 – 8:30 p.m. Fee: \$70.00

Dates: 1/9, 1/11, 1/18, 1/23, 1/25, 1/30, 2/1, 2/6, 2/13, 2/22

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine



### Basic Drawing and Watercolor

Students in grades 2 – 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their

ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.

Dates: 1/17 – 3/6 (8 wks) Fee: \$85.00

Place: Huckleberry Hill School – Upper Gym (Café side)



### Martial Arts for Beginners

Students in grades 2 - 4 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control,

physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Friday Time: 3:30 – 4:15 p.m.

Dates: 1/20 – 2/10 (4 wks) Fee: \$28.00

Instructor: Zandri's Martial Arts

Place: Huckleberry Hill School – Upper Gym

## Huckleberry After School, continued



### Learn to Ice Skate Grades 1-4

Included is a free skating pass so that participants may practice at no charge during any public skating session for the eight-week duration of the program, as well as skate rentals if needed. We are currently offering Skate levels 1 and 2 concurrently with different instructors. Skate 1: Entry-level class for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Skate 2: This class is for graduates of Skate 1 or for those skaters who have skating experience but not formal lessons. Skaters must be able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backward swizzles, alternating forward ½ swizzles and snowplow stops.

Day: Saturday Time: 12:50 – 1:20 p.m.

Dates: 1/7 – 2/18 (7 wks) Fee: \$119.00

Place: Danbury Ice Arena, 1 Independence Way

## Whisconier After School

### Cooking 101

This class will teach students in grades 5 through 8 how to cook everything from nutritious snacks to delicious meals and desserts. Cooking techniques, ingredient selection and substitutions, kitchen safety and balanced meal creation will all be covered in this hands-on class. Students will have the opportunity to taste their creations and take home the recipes. All materials are covered in the fee.

Day: Friday Time: 2:40 – 4:10 p.m.

Session 1: 1/27, 2/3, 2/10, 2/17 (4 wks)

Session 2: 3/2, 3/9, 3/16, 3/23 (4 wks)

Instructor: Fee: \$68.00/session

Place: WMS Home Ec. Room

### Felt Punching

Come experience the latest craze in sewing...felt punching! Using a special machine (with safety features), students in grades 5 and 6 will actually "punch" decorative fabrics into a base fabric to make designs. Projects will include hairbands, wallets, bracelets, wall hangings, and more. All materials are included, just bring your imagination!

Day: Thursday Time: 2:40 - 4:10 p.m.

Dates: 1/19 – 2/16 (5 wks) Fee: \$69.00

Place: WMS Art Room Instructor: Debbie Vizi

### The Secrets of Successful Test-Taking



Fair or not, the difference between good grades and great grades is doing well on tests. The good news, students can learn effective test prep skills. This overview workshop introduces the three key areas:

reviewing and organizing the subject materials, pre-test study strategies and test day tips for success. How to approach true-false, multiple choice and document-based questions will be covered.

Day: Saturday Time: 10:00 a.m. – 12:00 p.m.

Date: 2/4 Fee: \$35.00

Place: Tutoring Club- 270 Federal Road

Instructor: Nancy Sutherland, Study Skills Instructor

## Basic Drawing and Watercolor

Students in grades 5 – 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be

successful at their ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.  
Dates: 1/23 – 3/12 (8 wks) Fee: \$85.00  
Place: WMS Art Room Instructor: Victoria Lange



## American Red Cross Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and

confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification cards will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Day: Saturday Date: 3/17  
Time: 9:00 a.m. – 3:00 p.m. Fee: \$65.00  
Place: Town Hall Meeting Rm. Instructor: Peggy Boyle

## New ~ Youth Fitness Bootcamp

This class is designed for Boy and Girls 12-14 years old, of any fitness level interested in increasing their fitness level and looking for a fun way to incorporate fitness into their daily routines. During the class, students will be introduced to and taught the safe use of multiple pieces of exercise equipment. Students can also expect to participate in a variety of fitness activities that will lead to increased stamina, speed, coordination, and muscle toning, all in a safe and supervised format with emphasis on proper form and technique. This is a great intro to learn how to workout in a gym and have fun doing it. Limited to 6 participants.

Day: Wednesday Time: 3:45 – 4:45 p.m.  
Dates: 2/1 – 2/29 (5 wks) Fee: \$70.00  
Place: No Limit Health & Fitness



## New ~ Teen Zumba

This high energy dance and fitness class is designed for teens and

tweens age 12 – 14. Participants will learn the four basic rhythms of Zumba with an emphasis on Hip Hop Zumba.

Day: Wednesday Time: 4:00 – 5:00 p.m.

Session 1: 1/18 – 2/8 (4 wks)

Session 2: 2/22 – 3/14 (4 wks)

Fee: \$59.00/session

Place: Fuzion Dance Fitness, 483 Federal Road

## Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 through 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday and Wednesday (see below)

Time: Grades 2 – 4: 6:00 – 7:00 p.m. Fee: \$60.00

Grades 5 – 8: 7:15 – 8:30 p.m. Fee: \$70.00

Dates: 1/9, 1/11, 1/18, 1/23, 1/25, 1/30, 2/1, 2/6, 2/13, 2/22

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine



## Golf Lessons for Juniors

These classes are intended to provide students ages 8 – 15 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both

beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

January (Monday) – 1/2, 1/9, 1/16, 1/23

February (Wednesday) – 2/1, 2/8, 2/15, 2/22

March (Tuesday) – 3/6, 3/13, 3/20, 3/27

## Youth Employment Program

Pretty soon snow is going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. A list of services includes not only babysitting and shoveling, but raking, weeding, mowing, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at [dkorb@brookfieldct.gov](mailto:dkorb@brookfieldct.gov) or call 775-7310.





## Write Like a Reporter: Journalism for WMS Students

How does a newspaper reporter write an article? What questions do they ask when interviewing someone for a story? Students in

grades 5 – 8 will get a first hand, “behind the scenes” view from Sandra Fox, a reporter for the News-Times. By the end of the class students will have a completed story suitable for publishing that they can share with family and friends.

Day: Tuesday Time: 2:40 - 4:10 p.m.  
Dates: 2/7 – 2/21 (3 wks) Fee: \$45.00  
Place: WMS Classroom  
Instructor: Sandra Fox

## Brookfield High School

### College Admissions for Juniors

You started the college admission process—gathered information, talked to counselors and taken PSAT and planned for SAT or ACT. Now what? How do you develop a plan for best chance of a “fat envelope”? This seminar is designed to answer these questions—When to take SATs? Try the ACT? What Subject Tests (SAT II) should a student take? When should we apply? How do you complete the application and craft an effective college essay? This evening is geared to the families of Juniors involved in the process and sophomores who want a head start. Designed for parent(s) and their student, please register for a session as material will be duplicated.

Session 1: Tuesday, January 24

Session 2: Tuesday, February 21

Time: 7:00 - 9:00 p.m.

Fee: \$25.00/family

Place: Tutoring Club, 270 Federal Road

Instructors: Andrew Hill- Director of College Prep and Bill Gross, Director

### BHS Learn to/Love to Ski or Board

There are still limited spaces available for this popular program. Join us for 5 fun-filled Friday nights at Mohawk Mountain in Cornwall, CT. Whether you already love to ski or snowboard, or you want to learn to ski or snowboard, this program will provide BHS students with five evenings of skiing or boarding on 1/6, 1/13, 1/20, 1/27, and 2/3, deluxe coach bus transportation to and from Brookfield High School, and adult supervision on the bus and at the Mountain. Fee is \$230.00 includes lift ticket and coach bus transportation. Visit our website to download a flyer with complete details.



We are currently accepting applications for the following seasonal summer positions:

Lifeguard, Camp Counselor

The Town of Brookfield is an equal opportunity employer. Contact the Parks & Recreation

Office at 775-7310 for more information or to request an application. Applications are also available for download from our website. Deadline for applications: 3/23/12



## Brookfield Soccer Club

### Spring 2012 Registration

[www.brookfieldsoccer.org](http://www.brookfieldsoccer.org)

Keep an eye on the website as registration will be opening soon. Register early to avoid being turned away! Travel registrations (U9 through U14) will be closed by early March. In-house registrations (U6 and U8 programs) will remain open through the beginning of April.

## Brookfield Baseball and Softball Association

### Spring 2012 Registration

[www.brookfieldbaseballandsoftball.com](http://www.brookfieldbaseballandsoftball.com)

Tuesday, January 10 7:30 - 9:00 p.m. BHS Cafeteria

Tuesday, January 17 7:30 - 9:00 p.m. BHS Cafeteria

Tuesday, January 24 7:30- 9:00 p.m. BHS Cafeteria

BBSA Spring 2012 registration will be held in the cafeteria of Brookfield High School. Registration is open to Brookfield residents only. First time players must provide a copy of their birth certificate. Fee due at registration and will vary according to League. White baseball pants required and are available for purchase at registration.

## Brookfield Lacrosse Club Spring 2012 Registration

[www.brookfieldlax.org](http://www.brookfieldlax.org)

Registration for the Brookfield Lacrosse Club's spring 2012 season is open online at [www.brookfieldlax.org](http://www.brookfieldlax.org) now through March 31. The Brookfield Lacrosse Club is open to players of all abilities; both new and experienced players are encouraged to register. The club offers clinics for the younger kids for boys in K-1st and girls in grades 1<sup>st</sup> & 2<sup>nd</sup> at a reduced registration fee of \$25. Travel teams are available for boys in grades 2nd-8<sup>th</sup> and girls in grades 3rd-8<sup>th</sup>. Indoor winter time is available for those in grades 2-8 that have registered before Dec. 31. Fees and schedules vary by team. Visit [www.brookfieldlax.org](http://www.brookfieldlax.org) or call Kevin Madden, club president & Boys Coordinator, at 203-775-4434, or Kim Donnelly, Girls Coordinator, at 775-2275, for more information.



**23rd ANNUAL BUNNY BREAKFAST AND VENDOR FAIR**

To Benefit the Brookfield Community and Offer Scholarships  
to graduating high school seniors living in Brookfield  
*Hosted by the Brookfield Newcomers and Neighbors Club*

Bring the kids, visit with the bunny, and enjoy!!

Pancakes, Eggs, Sausage, Fruit

Juice, Coffee, Tea, Water

Games and Activities for the Kids

Vendor Sale

Raffles and Silent Auction

**Saturday, March 24**

**8:30AM - 12:00 PM**

(Breakfast Served until 11:00 AM)

Brookfield High School Cafeteria

\$7.00 for adults and \$4.00 for children at the door  
(purchase tickets in advance for discounted packages)

Call Ann Salinger 546-8698 or [acsalinger@aol.com](mailto:acsalinger@aol.com) for  
additional information

If you would like to make new friends and have fun, join  
Brookfield Newcomers and Neighbors! We are a social club  
whose membership includes long-time residents and  
newcomers to town. We have a variety of activities: TGIF,  
Socials Dinners, Book Club, Ladies' Night Out, Lunch  
Bunch, Bunco, and Wine Tasters. If interested, please call  
Gerry Jove @ 203-740-7178 or [gaffneyjove@aol.com](mailto:gaffneyjove@aol.com) or  
Kathy Powers @ 203-300-5340 or [k.mueller@comcast.net](mailto:k.mueller@comcast.net).

**Brookfield Lions Club Community Garden**

The Brookfield Lions are currently accepting applications for  
open plots at the Community Garden on the Gurski  
Homestead Property. If interested, please visit their website  
at [www.brookfieldclions.org](http://www.brookfieldclions.org) to download an application.

**When it's Time to Get Rid of That Tree.....****Brookfield Boy Scout Troop 5 can help!**

As a new Community Service for Brookfield, the Boy Scouts  
will take away your Christmas tree on Saturday, January 7 or  
14 and have it mulched. We will come to your home and  
pick up your tree. The tree must be in the driveway, ready  
for mulching – NO exceptions. If interested, please send us  
an email with your name, phone number and address to  
[tree@brookfieldtroop5.org](mailto:tree@brookfieldtroop5.org) and we will confirm your pick up  
date. Although a suggested donation of \$10 is appreciated,  
any amount, if you are able to, is appreciated. If not, we will  
still gladly pick it up. Thank you for your support.

**FISH of Brookfield, Commission on Aging**

Adult ambulatory disabled and/or senior  
residents of Brookfield who need  
transportation to medically related  
appointments can contact **FISH**.

Appointment destinations are limited to  
Brookfield, Bethel, Newtown, Danbury and  
New Milford. Our phone number (203-616-  
9678) is answered 24/7 by our automated voice mail system.  
To request a ride, clients are asked to provide no less than 2  
days and no more than 7 days' notice. Service available  
Wednesday and Thursday only.

**Frequently Requested Phone Numbers**

Boy Scouts	Ray Pflomm	775-8167
Brookfield Baseball & Softball	Field Hotline	775-5238
Brookfield Education Foundation (BEF)	Colette Sturm <a href="http://www.brookfieldeducationfoundation.org">www.brookfieldeducationfoundation.org</a>	740-0826
Brookfield for Youth Football & Cheer	Kyle Sanborn Field Hotline	775-0171 775-5241
Brookfield Lacrosse	Kevin Madden Field Hotline	775-4434 775-5240
Brookfield Soccer	Field Hotline	775-5239
Candlewood Lake Authority	Larry Marciano	860-354- 6928
CT DEP Boating Div.		860-434- 8638
Conservation Commission	Alice Dew	740-2419
Garden Club	Joanne McKendry	775-3890
Girl Scouts	Julie Blick <a href="mailto:blickjulie@charter.net">blickjulie@charter.net</a>	740-9015
Lion's Club	Tom Sullivan	740-7708
MOMS Club® of Brookfield West	Margaret Petta <a href="mailto:momsclubofbrookfieldwest@yahoo.com">momsclubofbrookfieldwest@yahoo.com</a>	775-5854
Brookfield Newcomers and Neighbors	<a href="http://www.brookfieldnewcomers.com">www.brookfieldnewcomers.com</a> P.O. Box 263	
Rotary Club	Russ Cornelius	775-8010
Senior Center	Ellen Melville Beth Hoolehan	775-5308
Women's Club of Brookfield	Cathy Nielsen Karen Symington	775-4452 775-3115
Youth Employment	Donna	775-7310

### Update on the Still River Greenway

It's been eleven long years of working on the Still River Greenway and we are happy to report that we have actually completed phase I. Phase I is roughly a quarter mile in length, and we remain focused on phase II of the plan that will include approximately two more miles of paved multi use trail. This phase II represents the "lion's share" of the project that is currently in the final design phase and will follow along the Still River corridor leading north to what will become our pedestrian-friendly Village District. Feel free to check out what we've accomplished so far, parking is available next to the police station and detailed plans of the next phase will be posted on-site this spring.

### Update on Kid's Kingdom Playground

The Kids Kingdom II project has been substantially completed this fall. Thanks to a mild fall, work continues at the Town Hall site. The finishing touches will be completed in early spring 2012 and this project is sure to continue the tradition of bringing a sense of pride to our community. Feel free to do a drive-by this winter and you'll get a feel for the fun that will be had here!

### Last Call for the Initial Adopt-a-Bench Program

There's still time to be a part of the Kids Kingdom II project. The Brookfield Parks and Recreation Department has initiated an "adopt a bench" program, allowing individuals and businesses the opportunity to purchase a park bench or picnic table specifically for the Kid's Kingdom II playground area. Each bench or picnic table will include an engraved plaque recognizing your contribution. What a great opportunity to advertise a business, pay tribute to a loved one, or to honor the community spirit of the playground. Should you have more questions on the Adopt-a-Bench program please contact Donna at 203-775-7311.

Our staffs of Recreators and Groundsmen continue to maximize the Department's limited resources by improving upon Brookfield recreational facilities and programs. On behalf of the Brookfield Parks & Recreation Department I would like to extend a **"Safe, Healthy and Happy Holiday Season to all of our residents."**

### **"The Benefits are Endless"**

Dennis DiPinto  
Director Parks & Recreation

<http://www.brookfieldct.gov/pnr/index.htm>



## **Brookfield Senior Center**

*"...a place where things are happening!"*

*The Brookfield Senior Center seeks to improve the quality of life for Brookfield citizens age 60 and older through social, educational, physical, creative and intergenerational programs. The Senior Center is open for membership for all residents age 60 and older. There is no fee for membership to the Center. **Come and Join In On The Fun!***

**Come and Exercise:** Zumba Gold (Monday at 9:30a.m. and Saturday at 9:30a.m.); Yoga (Monday and Wednesday at 2:50p.m.); Chair Yoga (Wednesday at 1:30p.m.); Low Impact Aerobics (Tuesday and Thursday at 9:30a.m.); Tai Chi (Wednesday at 9:30a.m.); and Strength Training/Osteoporosis Prevention (Monday at 12:00noon and Friday at 10:15a.m.).

**Learn New Skills:** Ceramics, art-sketch and paint classes, knit, crafts, crochet, lessons for piano, learn the computer, play bridge, Book Discussion Group, Garden Club and many more!

**Come for lunch:** Full meals served at noon for only \$2.50 every Monday-Thursday. Reserve 24 hours in advance by calling 775-5309 or signing up at the center.

**Travel With us:** Take a trip to local events, restaurants, theater, and casinos. Come and check out our full listing of trips for 2012.

**Take Charge of your Health:** blood pressure and blood sugar screening, flu shots, nutrition talks, and a wide variety of professional speakers.

**Improve your social life:** Meet friendly new people. HAVE FUN! You'll never sit home alone again.

**Sweethart Bus transportation** is available for those who do not drive. Call the Center for information concerning the Sweethart bus.

**Call Brookfield Senior Center at 203-775-5308 to find out more information about our programs or drop by to visit us anytime!**

# How to Register



By phone when paying by Visa, Master Card, or American Express. Call 775-7310 and press 3 to speak with a staff person. Registration by phone for all winter programs begins Tuesday, December 20.

By mail, complete the registration form below, and mail to the Parks & Recreation Dept along with your check or credit card information. Enclose a self-addressed stamped envelope if you would like a receipt. You may mail in your registration for winter programs at any time.

In person at the Brookfield Municipal Center, 100 Pocono Road. The Parks & Recreation Office is open Monday through Friday, 8:30 a.m.-4:30 p.m. Our Office is on the second floor across from the First Selectman's Office in Room 210. You may register in person for winter programs anytime during office hours.



## REGISTRATIONS

- 1) Will be accepted in person, by mail, or over the phone on a first come, first served basis. Full payment must accompany registration.
- 2) If you would like a receipt from a mail-in registration, enclose a self-addressed, stamped envelope.
- 3) A \$25.00 charge will be assessed on any returned checks.
- 4) **Non-Brookfield residents will be accommodated beginning 2 weeks prior to the start of a program with payment of a \$5.00 surcharge.**

## REFUND POLICY

- 1) Registrations may be canceled up to one week prior to a program's starting date.
- 2) No refunds will be given once a program has begun, unless a substitute can be found by this department, or there is a medical emergency.
- 3) Absolutely no refunds will be given for any used portion of a program.
- 4) All refunds are subject to a 10% administrative surcharge.

## PROGRAM CANCELLATION POLICY

Parks & Recreation reserves the right to cancel any program due to lack of participation. Approximately one week prior to the start date for each program, a definite decision will be made to cancel or run the program.

## CLASS INFORMATION

The Brookfield Parks & Recreation Department follows the school schedule for many of our classes. Please check with the Office if you are unsure whether or not a class will meet.

In the event of inclement weather cancellations or early release from school, evening classes will also be canceled.

✂Cut and mail with payment to:

Brookfield Parks & Recreation P.O. Box 5106 Brookfield, CT 06804

Make check payable to: Town of Brookfield

## BROOKFIELD PARKS & RECREATION REGISTRATION FORM

Responsible Person: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Program Title	Session	Registrant's Name	D.O.B.	Grade	Fee
			/ /		
			/ /		
			/ /		
			/ /		
			/ /		

Total: \_\_\_\_\_

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do covenant for myself, my child, our heirs and assignees at all times to keep the said Parks and Recreation Commission and the Town of Brookfield free, harmless and indemnified from any and all liability for any injury myself/my child might sustain as a result of said participation.

Responsible Person Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Payment Information: Cash: \$\_\_\_\_\_ Check: \$\_\_\_\_\_ Check #:\_\_\_\_\_ Initials:\_\_\_\_\_

Credit Card (circle one)	Amount	Card Number	Exp. Date	CVV (3 digits on back of card)
M/C Visa Amex	\$		/	



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### **RECREATION STAFF:**

Dennis DiPinto, Director  
Mary Knox, Recreation Supervisor  
Donna Korb, Administrative Assistant

**CURRENT RESIDENT  
BROOKFIELD, CT 06804**

### **PARKS MAINTENANCE STAFF:**

Chris Rabuse, Parks Supervisor  
Chris Shaw, Crew Leader  
Rob Haggerty



*The Brookfield Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register.*

*The Brookfield Parks & Recreation Department is complying with the Americans with Disabilities Act (ADA) Public Law 101336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program accommodations will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.*

### **COMMISSION:**

Sara Kincade, Chair  
Ed Butt, Co-Vice Chair  
Joei Grudzinski, Co-Vice Chair  
Rob Blick Dave Keefe  
Bryan Chnowski  
Elaine Rajcula, Commission Secretary

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**Registration for winter programs begins Tuesday, December 20**